

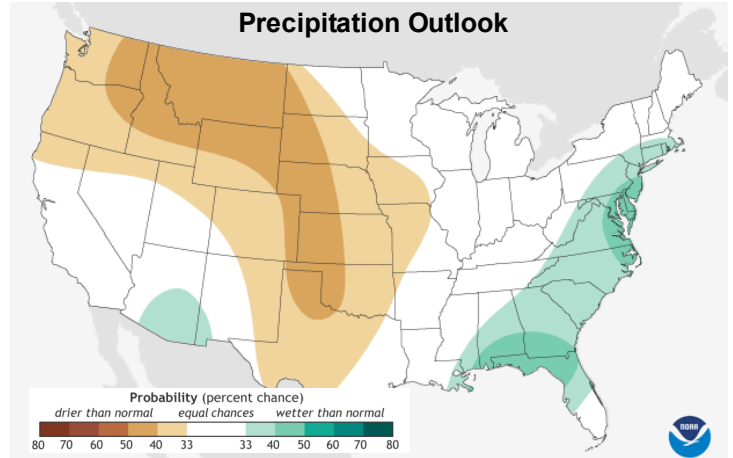
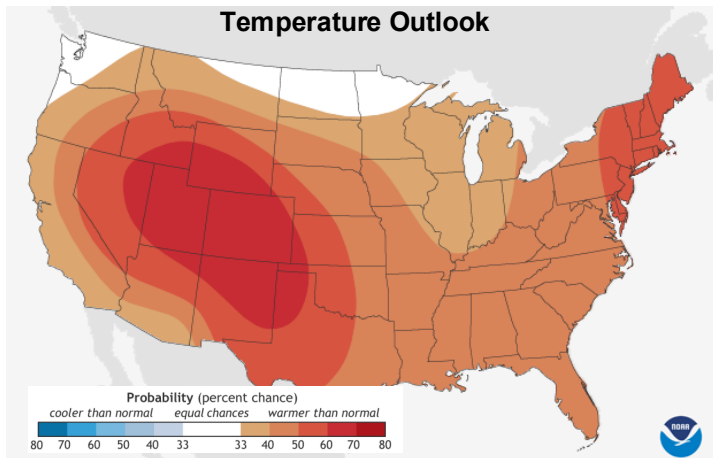


Summer Weather Preparedness

National Weather Service Springfield, Missouri



Summer 2022 Outlook - June through August



The Summer 2022 outlook favors above normal temperatures and below normal to near normal precipitation. For more information visit: [Summer Climate Outlook](#).

Heat Safety

Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

Tips to keep in mind during high heat:

- Find air conditioning.
- Avoid strenuous activities.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Never leave people or pets in a closed car.

Heat Exhaustion	Heat Stroke
ACT FAST <ul style="list-style-type: none">• Move to a cooler area• Loosen clothing• Sip cool water• Seek medical help if symptoms don't improve	ACT FAST CALL 911 <ul style="list-style-type: none">• Move person to a cooler area• Loosen clothing and remove extra layers• Cool with water or ice
Symptoms: <ul style="list-style-type: none">DizzinessThirstHeavy SweatingNauseaWeakness	Symptoms: <ul style="list-style-type: none">ConfusionDizzinessBecomes Unconscious
Heat exhaustion can lead to heat stroke.	Heat stroke can cause death or permanent disability if emergency treatment is not given.

Stay Cool, Stay Hydrated, Stay Informed!

Heat Impacts: Vulnerable Populations

Heat Impacts: Vulnerable Populations

PREGNANT

NEWBORNS

CHILDREN

ELDERLY

CHRONIC ILLNESS

Everyone is at risk from the dangers of extreme heat, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.

NEVER leave anyone alone in a closed car

Use air conditioners and stay in the shade

Drink plenty of water, even if not thirsty

Wear loose-fitting, light-colored clothing

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HELPING OTHERS: EXTREME HEAT

NEVER leave anyone (or pets) alone in a locked car

Monitor others exercising or playing sports, ensuring frequent breaks

Bring water to outdoor activities to keep everyone hydrated

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[Missouri: Cooling Centers Map](#)

Kansas: Contact 2-1-1 for assistance and referrals to cooling centers



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Outdoors and Weather Safety

Weather-Ready for Outdoor Sports?



Heat

Wear light, loose-fitting clothing, stay hydrated and take breaks in the shade. During excessive heat, avoid heavy activity and direct sunlight.



Air Quality

Stay inside during air quality alerts. Children, seniors, and those with health problems are especially at risk.



Lightning

If you hear thunder or see lightning, go immediately to an enclosed building or hard-topped vehicle.



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Weather-Ready for Nature?



Flash Flooding

Heavy rainfall can cause flooding in a flash. Use caution when hiking in canyons or camping near streams and rivers.



Excessive Heat

Bring extra water and remain hydrated. Use sunscreen and wear light, loose-fitting clothing. Take breaks in the shade.



Lightning

If you hear thunder or see lightning, go immediately to an enclosed building or hard-topped vehicle (if possible). Avoid isolated tall trees or ridge tops.



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Lightning Safety

Your chance of being struck by lightning **greatly increases** when remaining outdoors during a thunderstorm.

Lightning can strike from up to 10 miles away.

When Thunder Roars, Go Indoors!

See a Flash, Dash Inside!



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Some of the activities people were doing when they were recently struck by lightning include:



Golfing



Boating



Running



Grilling



Walking



Construction



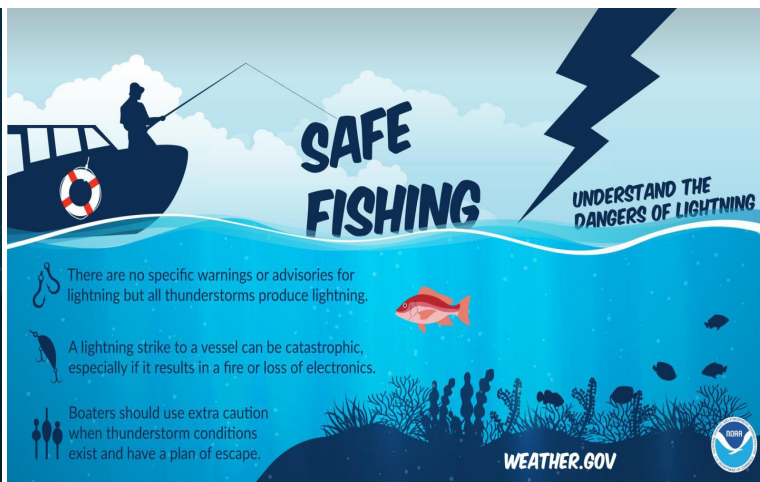
Riding



Gardening



Swimming



Following the NWS and Summer Safety Campaign



Office: (417) 863-8028



contact.sgf@noaa.gov



weather.gov/springfield



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Summer Weather Safety Resources

[Heat](#)

[Lightning](#)

[Flood](#)

[Drought](#)

[Thunderstorm](#)

[Tornado](#)

Other Webpages for Summer

[Weather Story](#)

[DSS Packet](#)

[Storm Prediction Center](#)

[Climate Prediction Center](#)

[Weather Prediction Center](#)

[National Drought Mitigation Center](#)

[National Integrated Drought Information System](#)

Become a Weather-Ready Nation Ambassador